

**GET RID OF FOOT PAIN
BY
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Sandra Sammartino has been teaching yoga for over 35 years; training Yoga teachers for over 20 years; and lately developing Yoga Teacher Trainers. Co-founder of Unity in Yoga, which merged into the Yoga Alliance in America, Sandra founded Yoga Outreach; a volunteer organization in Canada, teaching over 25 classes a week to the disenfranchised – she is strong advocate of Beech Sandals. Here is her case study on the effects of Beech on a selection of students.

Lucille walks into the yoga class on two arthritic feet that are bent and deformed. She wants mobility in her feet. Next to her sits Chris with beautiful, sexy feet that hurt. Her doctor recommends orthotics. She says, “Orthotics don’t make sense. I want to find out what is causing this pain. I need to get back to my golf game!”

Feet. Feet. Feet. They are down there somewhere. You hardly pay any attention to them, until they hurt or look terrible in flip-flops. But step back; take a look in the mirror. Those feet, the foundation for your entire body, are small compared to the weight they are asked to carry. What can you do to support them? How can you have good-looking feet that last a lifetime?

Although yoga helps Lucille’s feet to some extent, she needs Beech Sandals to reverse the damage and improve foot alignment, the basis for whole body alignment.

By wearing Beech she not only increases the circulation and movement of each toe joint, she improves balance and posture by spreading the weight evenly across her whole foot. Nerve pathways from the brain to her feet work better, even though the doctor removed the bones in one of her toes! Lucille started wearing Beech Sandals by sitting in a chair; now she wears them everywhere, even in the winter with toe socks! With no extra time Lucille’s feet stay in great shape. Most people find them easy to wear, right from the start.

There are 26 bones in each foot, so we can move over all types of terrain. Encased in shoes all day, the feet lose their range of motion, causing problems such as bunions, hammer toes, flat feet, corns and "Plantar Fasciitis" which, in my opinion, is a term used for different types of foot problems.

Most foot problems are caused by the tightness and imbalance of muscles, originating off the bones of the lower leg that insert into the bones of the foot. If the foot is restricted in its movement, the leg is as well, and if the leg gets tight, so does the foot! As we age, this can lead to walking slowly with tiny steps.

My other student Chris has a different foot problem. The muscles on the front of her lower legs are so tight; they pull on the bones of her feet, causing pain. By stretching the front of the lower leg and foot, she lengthens the muscles, easing her foot pain. Beech Sandals and regular stretching, correct the habitual stress pattern.

Tight leg muscles and the resulting foot misalignment is the source of many foot problems. Bunions, for instance, greatly benefit by having the weight distributed evenly over the whole foot, taking the pressure away from the big toe.

Another yoga student, Yvette, discovers she can reduce the size of her bunion by wearing Beech Sandals, and stretching her feet. Her other bunion was treated by painful surgery, taking care of the symptom but not the cause. She refuses to go under the knife again!

Yvette's Feet: Before and After

The left foot is treated with surgery. The right foot is treated with Beech Sandals.



It is far better to take care of your feet by correcting structure than to undergo the potentially harmful side effects of surgery or the dependence on orthotics. Beech Sandals and a simple stretching routine offer an alternative and are easy to do.